# *Does the use of smartphones lessen the number of hours that RI year 1 boys sleep everyday?*

In the modern 21st century society, technology has been advancing by leaps and bounds. But nowadays, ask anyone on the street what in their opinion is the greatest invention of this century, and most of them would say smartphones. Indeed, smartphones have greatly affected the whole world. However, the majority of teenagers abuse the use of smartphones, which causes them to pay for their own misuse. Daytime for them is usually spent on classes and co-curricular activities. But when nightfall comes, their social life takes over. And it can stretch into the wee hours. They play computer games, blog, chat online and update their profiles on social networking sites. (Gan, 2010) This is a contrast to teenagers in the past. Teenagers in school uniforms aren't such a frequent sight at malls anymore, preferring to rush home after school to chat and play games with their friends online.( Low, 2010) This causes them to have a lack of sleep as they normally use their smartphones for their personal social life in the late hours. There are many consequences for the lack of sleep. In the short term, a lack of adequate sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury. In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early mortality.( Consequences of Insufficient Sleep, Division of Sleep Medicine at Harvard Medical School)

1. Framing your research topic

a) Problems/obstacles in using smartphones:

1) The usage of smartphones will inhibit people from getting enough sleep for their daily lives, causing their bodies to be affected by the lack of sleep

2) Some adults use smartphones during their office meetings and this will cause them to be unable to concentrate in their meeting and subsequently do their work more slipshodly. (Lee, 2010)

3) Students are more prone to playing games and surfing the Internet during lesson time, decreasing their academic performance.

4) Family members using smartphones to surf the Internet will lessen family interation with each other, causing the family to be less bonded with each other.

c) Possible solutions to overcome problems/obstacles:

1. Ban the usage of smartphones during work.
2. Set a timetable for oneself to sleep at a fixed time.
3. Ban students from bringing smartphones to school.
4. Set every Sunday as a day when the whole family can do an activity like going to the park or eating at a restaurant to bond.
5. Reasons for choice of topic
6. Reason for choosing this topic:

This topic is a prevalent issue among the modern-day teenagers, so i wish to find out more about how exactly smartphones affect the number of sleep that teenagers have everyday. Doing this topic will also raise awareness among teenagers that they have been abusing smartphones and show them the effects of not getting enough sleep.

1. How it enables you to fulfill the requirements of the project task

This topic mainly focuses on the usage of smartphones and how it affects sleep, so I hope by doing research on this topic, I will be able to impact others to not be so dependant on their smartphones.

1. (iii) How it benefits society

Doing this research will allow the society to be more aware of how teenagers have been affected by smartphones and will most probably take some action to prevent the situation from getting worse.

1. Feasibility of the project
2. Possibility for carrying out and completing this project and reasons for thinking so.

I feel that this project is feasible for us to carry out as we can do surveys on the RI year 1 cohort and find out their responses, thereby computing the results and finding out the extent to which smartphones affect the number of hours they sleep.

1. Whether the proposed course of action is logical and realistic

I feel that my proposed course of action is logical and realistic.

1. (i) Whether the project provides sufficient opportunities for generation of ideas

This project that I have proposed allows my group to be able to generate ideas like how to survey and how to present the data.

(ii) Whether the project provides sufficient opportunities for analysis and evaluation of ideas.

This project also allows my group to be able to get the chance to analyse and evaluate the ideas.

1. Manageability of the project
2. How the project will be handled

I feel that, as a group leader, I will set deadlines for each of my group mates to finish a set task of work so that we can meet the final deadline on time. If it is necessary, I may also call for group meetings so that we can discuss about the project together as a group.

1. How the project provides sufficient opportunities for group work

We can each assign our own task so that we will be able to do the work as a group. This will allow us to exercise teamwork within our group.

1. Anticipating difficulties/constraints and intention on how to cope with these difficulties/constraints

For me, I anticipate difficulties like not meeting the deadline on time and some group members slacking but I feel that our group should exercise teamwork and responsibility to cope with these difficulties.

1. Accessibility of the information required
2. Primary and/or secondary materials

I will need newspaper articles about the effect of smartphones on sleep and some research data. Results of surveys related to this topic will also be needed for comparison

1. Where and how the needed primary and/or secondary sources will be found

I can get my sources from the internet like from newspaper archives and online journals and books, from the library and also from our daily life like from the newspapers we are reading or surveys that the people around us have already undergone.

1. Alternatives thought about

I intend to hold my own surveys, buy journals from bookshops and also asking professionals on sleep.

1. Problems anticipated in gathering the materials

I anticipate problems like lack of time, resources and also money. Non-cooperation from the general public is also anticiplated.